

it in the second application for economic reasons and the second patient because he observed total remission of the symptoms by T1

Conclusions: Taking into account the results, it can be concluded that esketamine is a safe medication, given the low percentage of observed adverse effects, all of which were mild and self-limiting. Moreover, the high rates of clinical response and remission allow us to conclude its effectiveness. However, the restricted accessibility should be taken into account due to the elevated cost of esketamine which also limits this study due to the small sample size

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EPV0654

Vegan diet and the importance of nutritional self-concept in the treatment of unipolar depression: a new perspective

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Introduction: Studies on the psychological impact of a vegan diet and its effect on mental health are still, although the interdisciplinary literature points to significant diet-related cognitions associated with the active choice of a plant-based diet. This study addresses this research gap by framing veganism as an identity-associated aspect of self-concept in young vegans and examines the influence of self-esteem resulting from the vegan diet on symptoms of unipolar depression in a biopsychosocial framework model.

Objectives: veganism as an identity-associated aspect of self-concept

influence of self-esteem resulting from the vegan diet on symptoms of unipolar depression

alternative perspective on the connections between psyche and nutrition

Methods: In a representative sample of $n = 659$ students from German universities, the absolute and additional influence of diet-related self-esteem on depressive symptoms was investigated using hierarchical regression, taking biopsychosocial covariates into account.

Results: It was found that the self-esteem experience of the test subjects specifically gained from the vegan diet exerts a statistically significant influence on depressive symptoms ($B = -.37$, $SE(B) = 0.02$, $p < .001$) and can also explain a statistically significant additional proportion of the total variance in a biopsychosocial model of depression ($\Delta R^2 = .18$, $F [1,649] = 272.34$, $p < .001$). Together, the model of eight covariates and nutrition-related self-esteem can explain 57% of depressive symptoms ($R^2 = .57$, $F [9,649] = 94.81$, $p < .001$, $f^2 = 0.13$). This statistically significant influence of diet-related self-esteem also persists in an exploratory study of different severity levels of depressiogenic distress

Conclusions: The results provide evidence of a psychological impact factor in relation to a vegan diet and identify psychological

consequences and thus open up a new research perspective in clinical psychology.

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Clinical Features of Late-Life Depression with Different Neurobiochemical characteristics

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Introduction: Depression is one of the most important medical and social problems in old age due to its high prevalence (10-25%) and a significant increase in the burden on social services and medical institutions. A diverse combination of biological factors of aging contributes to the polymorphism of clinical manifestations of late-life depression.

Objectives: Study of the clinical features of depressed patients of late age of three identified neurobiochemical models of energy, antioxidant and glutamate metabolism.

Methods: The study material consisted of 52 hospitalized patients (40 women and 12 men) aged 60-86 years with a depressive episode of recurrent depressive disorder, bipolar affective disorder and a single depressive episode (ICD-10). The patients were examined by clinical, psychometric, biochemical and statistical methods. Before starting therapy, psychometric assessments were performed using the Hamilton Anxiety and Depression Rating Scales and the Mini-Mental Status Examination. On the same day, the activity of enzymes of energy (cytochrome c oxidase - CO), antioxidant (glutathione reductase - GR and glutathione S-transferase - GST) and glutamate (glutamate dehydrogenase - GDH) metabolism enzymes in blood platelets was determined in patients.

Results: In patients with a decrease in energy and antioxidant metabolism ($\downarrow$ GR, GST, HD and $\uparrow$ GDH), there was a predominance of shallow apathetic depression of a "seasonal" nature with the presence of mild cognitive impairment, a later age of manifestation, and a high incidence of cerebrovascular pathology. Patients with "disharmonious" metabolism ($\downarrow$ GR, GST, GD and $\uparrow$ CO) were characterized by an early onset of the disease, its longer duration, more severe and complex depression with a pronounced anxiety component. Patients with a conditionally "normal" metabolism were more likely to experience typical melancholy depression and the lowest incidence of severe cerebrovascular pathology.

Conclusions: The relationship has been established between the clinical features of late-life depressions and changes in the activity of enzymes of energy, antioxidant and glutamate metabolism. It was revealed that the type of metabolism with "reduced" and "disharmonious" activity of these enzymes corresponds to the parameters of late and early manifesting depression. Thus, the clinical heterogeneity of late-life depression is closely related to different neurobiochemical types of metabolism.

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